

## CHAPTER 4

### GOVERNMENT INITIATIVES IN PROMOTING SPORT FOR ALL

The Malaysian government realises the importance of sport for all and has initiated programmes and activities to promote it through various government ministries and departments. The National Sports Policy (1988) stated that the Ministry of Youth and Sports is responsible for promoting sport for all and recreational activities based on the *Malaysia Cergas* (Fitness Malaysia) concept. However, in addition to the Ministry of Youth and Sports and its state departments and district offices, other contributing government agencies include the Ministry of Education, Ministry of Health, Ministry of Culture, Arts and Tourism as well as local authorities. In this chapter, the author first reviews efforts by the Ministry of Youth and Sports and the State Youth and Sports Department before examining other sport for all efforts by the government.

#### **Ministry of Youth and Sports**

From the time the Ministry was established in 1964 until 1981 it concentrated on high performance sport. It was only after the National Sports Council took over the responsibility of high performance sport in 1981, did the Ministry of Youth and Sports under its Sports Division focus on sport for all. In the last 20 or so years, programmes by the Ministry of Youth and Sports have evolved and diversified. These changes have responded to current developments and situations in the country. For example the popularity of weight training, aerobic dance and extreme games were taken into consideration in planning programmes. In recent years, the Ministry has initiated new programmes such as the Sport for

All League, the Sport for All Carnival and introduced sports that are considered new to Malaysians, such as petanque, lawn bowls, extreme games and motor sports. This discussion highlights typical programmes and activities. There are two lines in the Malaysian sport for all calendar: annual events and one-off programmes. Both categories are described and evaluated.

### Annual Events

#### Sports Week

One of the earliest records of the ministry's programmes is the National Sports Week that was started in 1979. The original objectives of Sports Week were to encourage participation in sports, recreation and fitness activities, increase public awareness of the advantages of exercise in addition to foster national unity among the different races in the country. The decision to make it an annual event came from the National Cabinet through the Cabinet paper: 99/1125/78 (Sports Division, Ministry of Youth and Sports, 2000a).

#### Sports Month

In 1991, the annual Sports Week was extended to a month. According to a Ministry of Youth and Sports document (KBS/BS. 04/64), the Sports Month aimed to create awareness as well as expose, educate and motivate the public on the following:

1. An active and healthy lifestyle (in accordance with *Malaysia Cergas*);
2. The importance of sports and recreation in inculcating positive values; and

3. The advantages of exercise and recreation to the individual, family, worker and society.

(Sports Division, Ministry of Youth and Sports, 1994)

The objectives of the Sports Month were to improve the physiological, mental, psychological, social and economic aspects of life as well as to realise the National Sports Policy and Vision 2020 (to be a fully developed nation). The Ministry hoped that the Sports Month would increase public participation in sports activities as well as in other aspects of sports such as management, organisation, leadership, services and volunteerism. According to a Ministry of Youth and Sports document (Ministry of Youth and Sports, 1993), Sports Month is annually celebrated in May. However, the Sports Month is not always held in May, for example the Sports Month for the year 2000 was held in June. There are no public records of why the date was changed. Promotions and campaigns for the event were through the mass media.

From 1991, the Sports Month was celebrated together with Youth Month (Sports Division, Ministry of Youth and Sports, 1992). The then Secretary General of the Ministry felt that the month long celebration would enable more people to participate in the activities ("Bulan Belia dan Sukan dibuat serentak," 1991). The following year, the organisers stressed that Sports Month was for all members of the public. The 1992 programme included a sports carnival for persons with disabilities, an aerobic dance competition and traditional sports (Sports Division, Ministry of Youth and Sports, 1992).

The slogan for Sports Month 1990 and 1991 was "Moving Together Malaysia". The 1991 celebration was held simultaneously in the states with a 10km run and a sports festival in conjunction with National Day. According to the

National Day sports festival report, 94,302 people took part in the various competitions held at district, state and national levels (Ministry of Youth and Sports, November, 1991). District level competitions were held in May and June with 82,584 participants, state level competitions were in July with 10,323 participants and the national level competitions were held from 26 to 30 August with 1,395 participants.

The 1993 Sports Month celebration was held in conjunction with the Sport for All Year. The idea for the Sport for All Year was mooted by the Minister of Youth and Sports (Abdul Aziz Abdan, 1992) and launched by the Prime Minister on 1 February at Merdeka Square ("Rakyat mesti cergas setiap masa", 1993). According to the then Minister of Youth and Sports, Annuar Musa, recreational sports activities in the country should not be neglected at the expense of high performance sport ("Launching of sports for all", 1993). The Sport for All Year was an intensive effort by the government to promote recreational sports to people from all walks of life. Year long activities that were held throughout 1993 at district, state and national levels included canoeing, mountain climbing, aerobics, cross-country races and cycling.

A highlight of the 1993 Sports Month celebrations was the 10-corner run which was held on 1 May. Ten groups took part in the 10 km run and each group was made up of about 3,000 joggers and walkers, including students, youth, adults, women and persons with disabilities. The 10 groups started off from their respective points simultaneously and regrouped about 1 km from the finishing point at Merdeka Square. Each group then took turns marching into the Square. According to former Director of Sports of the Federal Territory of Kuala Lumpur Youth and Sports Department, S. Singh, (personal communication, February 9, 2001) it was an impressive sight to watch the teams march into the square.



The slogan for the 1994 Sports Month was "A Family that Plays Together, Stays Together". That year's celebration concentrated on the family unit. It was felt that by participating together in physical activity, better understanding and increased cohesiveness would be encouraged among family members. A more cohesive family would be better able to face challenges of the late twentieth century and overcome potential crises. More importantly it was felt that parents play an important role in influencing younger generations to be active (Nasir Abd Wahab, 1994).

The theme for the 1998 Sports Month was "A Sports Cultured Society". That was the year Malaysia hosted the Commonwealth Games. Perhaps this theme was chosen to prepare the public for the Games.

The 2<sup>nd</sup> Sport for All Carnival was held in 1999, so there was no national Sports Month that year (Ministry of Youth and Sports, 2000b). The event, which was held at state level, was only for a week. The theme for the 1999 state level Sports Week was "Sporting Together Towards the New Millennium". A mass 2.4 km jog was simultaneously held in all states on 12 June. Participants included the state Chief Ministers and other state VIPs.

The celebration for the year 2000 was launched simultaneously throughout the country on 18 June. The theme was "A Healthy Lifestyle".

Activities for state organised Sports Weeks and Sports Months vary from state to state. They included football, *sepak takraw*, hockey, volleyball, netball, basketball, tennis competitions, road rallies, mini marathons, tug of war ("Pesta sukan di Alor Star," 1992), kayak expeditions, mass aerobics ("Sukan mampu hindar gejala buruk," 1992), traditional sports, community fitness programmes ("Pahang, JBS anjur bulan sukan," 1998) as well as orienteering ("Orienteering di Shah Alam," 1994).

### Malaysia Cergas (Fitness Malaysia)

The government introduced the slogan *Malaysia Cergas* (Fitness Malaysia) to promote an active lifestyle among Malaysians (Zainal Abu Zarin, personal communication, August 25, 1998). The *Malaysia Cergas* slogan was launched on 12 April 1983 in conjunction with the National Sports Week as an effort to involve the whole population in sports, leisure and recreational activities. *Malaysia Cergas* aims to raise national fitness levels in order to increase economic growth and improve the quality of life (Wan Mansor, 1983) as well as decrease social ills (Abdul Aziz Abdan, 1992).

Among the *Malaysia Cergas* activities that were carried out at state and district levels are *LaRobik*, 2.4 km runs, cross country races, treasure hunts and *Malaysia Cycles*. *LaRobik* (coined from *Larian Aerobic*, which means aerobic run) is a 10 km run to measure participants' fitness level. The runs are conducted on age group and ability basis. The 2.4 km run measures cardiovascular fitness level against a standardised norm. The tests are held periodically ("29 jalani ujian kecergasan," 1992). Treasure hunts are divided into three categories – family, youth and veteran. The cross country race could be through rivers, swamps, jungles and hills. *Malaysia Cycles* is a 40 km route through some villages. Participants volunteer their social services in the villages along the way. According to the Sports Division, Ministry of Youth and Sports (1998), *Malaysia Cergas* campaigns and promotions in the mass media received very encouraging response from sports associations, businesses and the public.

The *Malaysia Cergas* (Fitness Malaysia) Month was launched in August 1996 with the theme "Towards a Sports Cultured Society" (Syuhada Choo Abdullah, 1996). The *Malaysia Cergas* Month is now annually held in August.

Various sports activities are conducted throughout the *Malaysia Cergas* month. The public can choose from *silat* (a form of Malay martial art), gymnastics and outdoor recreation ("Healthy living" campaign by Ministry," 1996).

Despite government efforts in promoting *Malaysia Cergas*, the then Youth and Sports Minister Muhyiddin Mohd Yassin (1997), felt that it was still not an integral part of the lives of the people. It was as though *Malaysia Cergas* was an annual affair instead of an all year round activity.

### *Gimnasium Rakyat* (Public Gymnasium)

In recent years, many fitness and health centres have sprung up in the country, especially in towns and cities. To meet the needs of those who were unable to afford the membership fees of exclusive clubs, the government set up *gimnasium rakyat* or public gymnasiums. The first public gymnasium was officially opened at the Lake Gardens, Kuala Lumpur in 1989 (Department of Information, 1991). By 1992, a total of 29 such gymnasiums had been opened (Sports Division, Ministry of Youth and Sports, 1992) and by 1998, there were 45 nation-wide (Sports Division, Ministry of Youth and Sports, 1998). The state Youth and Sports Departments allocate sites for the gymnasiums in its own state. Equipment in the gymnasiums includes multi-stations, free weights as well as aerobic and cardiovascular machines.

However, the public gymnasium programme has met with mixed success. Gymnasiums are rated based on their management and the number of users. This information is gleaned from the gymnasiums' Annual Reports and the financial reports that are submitted to the Ministry of Youth and Sports. According to a Ministry report on the *gimnasium rakyat*, in December 1998, out of a total of 45

gymnasiums, 25 were active, 8 were moderately active, 3 were less active and 9 were not active at all (Sports Division, Ministry of Youth and Sports, 1998). This shows that 20% of the gymnasiums are inactive. The report mentioned that some of the gymnasiums encountered problems with management, finances, instructors and location. Management problems included badly administered gymnasiums and non-functioning administrative committees. Problems with finances included badly kept or non-existent accounts. In addition to that some gymnasiums did not have instructors while others had instructors who were untrained.

There is no subscription fee for the gymnasium and a nominal fee is charged per entry. The function of these gymnasiums has been expanded from being solely weight training centres to those of health and fitness centres where community fitness activities such as fitness and health talks and free fitness tests take place.

Table 12

Status of Public Gymnasiums in Malaysia in 1998

State	Status of gymnasiums				Total
	Active	Moderately active	Less active	Not active	
Perlis	0	1			1
Kedah	1	1			3
Penang	3	0		1	3
Perak	2	3			6
Selangor	3	1		1	4
Kuala Lumpur	1				1
Negeri Sembilan	2				3
Malacca	1	1		1	2
Johore	3				4
Pahang	2	1	2	1	6
Terengganu	2			1	3
Kelantan	2			1	3
Sarawak	1		1		2
Sabah	2			1	3
Labuan				1	1
Total	25	8	3	9	45

Note. Adapted from "Program gimrakyat rakyat" [*Gimrakyat rakyat* programme] by Sports Division, Ministry of Youth and Sports, 1998, Cawangan Kecergasan Nasional [National Fitness Branch], Appendix A.

The Ministry provides assistance in administering and managing these gymnasiums, including the financial resources. It also supports through offering courses for instructors and annual competitions for the best gymnasium designed not only to encourage quality management, but also to promote these facilities to the general public. Yet in spite of these motivators, the level of activity in the centres remains relatively unchanged.

## National Youth Masterplan

According to the then Minister of Youth and Sports, Muhyiddin Mohd Yassin (1995), in line with Vision 2020, youth development should concentrate on creating a generation that will lead the country to greater heights. From the policy and budgetary allowances, it is evident that the Malaysian government realises the importance of having a physically fit and active youth population. This is stated in the two policies that are related to the youths, the National Youth Policy (1985) and the revised National Youth Development Policy (1997). Both policies stressed the need to encourage an active lifestyle for youths.

There is no standard definition of "youth" as youth could be defined in terms of age, law or socio-cultural practice. In the National Youth Policy (1985), youth is limited to those aged between 15 and 40 years old. This age group definition was formulated with the collaboration of the Malaysian Youth Council, which is the umbrella body for youth in Malaysia. It is also felt that this group would be able to reap maximum benefits from programmes. The National Youth Development Policy (1997) targets youths aged between 15 to 25 for its youth development programmes. In recognition perhaps that these are the people from whom the government will reap benefits from its expenditure, the youth is the only population that has specially designed programmes.

The National Youth Masterplan was launched on 31 May 1991 as a guideline for implementing youth activities in the country (Ministry of Youth and Sports, 1991, May). There were ten programmes under the Masterplan that were aimed at creating a dynamic and progressive youth force in line with Vision 2020. All these fell into the ambition of making the country a fully developed nation by the year 2020.

These ten programmes and their purposes are as follows:

1. Fitness Malaysia is aimed at creating an active and healthy society through sports and recreational activities.
2. Excellent Malaysia is aimed at producing sports champions through the development of high performance sport.
3. Patriotic Malaysia is aimed at instilling in youths the spirit of loyalty, sacrifice and love for the nation.
4. Harmonious Malaysia is aimed at creating national unity through community development.
5. Skilful Malaysia is aimed at creating a new generation of youths who are progressive and skilled in all fields.
6. Noble Malaysia is aimed at creating intellectually, morally and spiritually well balanced youths.
7. Progressive Malaysia is aimed at creating an innovative and creative society.
8. Global Malaysia is aimed at instilling a sense of love of nation, religion and race.
9. Caring Malaysia is aimed at creating a society that cares for the less fortunate.
10. Cultured Malaysia is aimed at creating a national culture to promote unity.

The Fitness Malaysia programme under the National Youth Masterplan was launched in Penang with the theme, "My heartbeat". About 2,000 people

participated in the ceremony that included a tai chi demonstration and a mass aerobic exercise ("2,000 turn up at USM for mass exercise," 1991).

The Ministry's breath of perspective is evident from the extent of Masterplan programmes, ranging from sport to culture to social. The National Youth Masterplan, especially Skilful Malaysia and Fitness Malaysia, have achieved considerable success. However, in 1994, the Masterplan was replaced with the *Rakan Muda* programme (Seventh Malaysia Plan 1996-2000, 1996).

### *Rakan Muda (Young Friends)*

A survey (n = 6110) that was jointly conducted by six public universities found that young people did not know what to do with their spare time (Samsudin A. Rahim, 1994). Youths tended to while away their time at shopping complexes. This was a source of concern as youths are considered the future leaders of the country. Based on the survey, the government proposed a comprehensive programme for youths ("PM akan lancar program belia di bidang sukan," 1994). Prime Minister Dr. Mahathir Mohamad launched the *Rakan Muda* or Young Friends programme on 29 October 1994. He was confident that the programme would encourage youths in a positive and productive manner and to eventually take up the challenge of nation building (Ministry of Youth and Sports, n.d.-c). *Rakan Muda*, aimed at 18 to 25 year olds, emphasises physical, spiritual, social and intellectual development. This national programme aims to provide youths with more productive ways of spending their leisure time as well as inculcating positive values and attitudes.

In addition to promoting a value system for youths and preventing social ills, the other objectives of *Rakan Muda* are to provide youths with a choice of



lifestyle programmes and opportunities both to discover a collective youth identity and to find their own individual identity (Ministry of Youth and Sports, n.d.-c). There are nine lifestyle programmes available for young people. Four of the nine programmes involve physical activity. They are *Rakan Sukan* (Sports), *Rakan Kecergasan* (Physical Fitness), *Rakan Rekreasi* (Recreation) and *Rakan Wajadiri* (Martial Arts). The *Rakan Sukan* (Sports) programme offers water and racquet sports, athletics, bowling and weight training. *Rakan Kecergasan* (Physical Fitness) activities include aerobic exercises, endurance tests and physical fitness programmes. The *Rakan Rekreasi* (Recreation) programmes include outdoor camping, mountain climbing, canoeing and traditional pastimes like top spinning. The *Rakan Wajadiri* (Martial Arts) programmes include self-defence skills of various communities, for example Malay, Chinese and Indian martial arts.

The other programmes are related to the environment, culture, community service, entrepreneurship and innovations. The *Rakan Cinta Alam* (Environment) programme exposes participants to forests, caves and historical sites. The *Rakan Seni Budaya* (Culture and Arts) programme includes fine art, graphics, music, photography, handicraft, creative writing and acting. *Rakan Reka Cipta* (Innovations) aims to help young people open the door to the world of discovery, innovation and technology. Though *Rakan Wirausaha dan Wiramahir* (Entrepreneurship) young people learn how to set up and manage their own business. The *Rakan Masyarakat* (Community Service) programme concentrates on various aspects of community service for example community leadership, paramedical care and counselling.

According to the Ministry of Youth and Sports (n.d.-c), *Rakan Muda* promotes co-operation between the government, non-governmental organisations as well as the private sector. The Ministry of Youth and Sports co-ordinates *Rakan*

*Muda* programmes while the private sector contributes through sponsorship, organisation and planning as well as participation of its employees. The non-governmental organisations are the main implementers of the programmes. In addition to the Ministry of Youth and Sports, other ministries that are involved in the programme are the Ministry of Education, the Ministry of Entrepreneur Development, the Ministry of Defence, the Ministry of National Unity and Social Development, the Ministry of Culture, Arts and Tourism as well as the Ministry of Science, Technology and Environment (Muhyiddin Mohd Yassin, 1995). Again, the breadth and variety of impact and support with these programmes are illustrative of their potential contributions in nation building.

A code of conduct for the *Rakan Muda* was launched as a guide for organisers to ensure the smooth implementation of the programme. The code of conduct that is published in a booklet highlights the role and responsibility of the organiser and the implementation of the *Rakan Muda* programmes (Ministry of Youth and Sports, n.d.-a)

The response to the *Rakan Muda* was tremendous. By March 1995, the Ministry of Youth and Sports received 783,606 programme applications from 466,736 youths to join *Rakan Muda* programmes (Mohd Abdullah, 1995) and by August 1995 the figures increased to 1,091,153 programme applications from 750,000 youths (Azman Ahmad, 1995). There was a difference between the number of applications and the youths who applied because many youths signed up for more than one programme. Of all the programmes it was found that those involving physical activity were the most popular. Out of the total of 1,091,153 applications registered from October 1994 till August 1995, a total of 196,479 (18.0%) were for recreation, 187,126 (17.1%) for martial arts, 170,352 (15.6%) for environment and 144,539 (13.2%) for sports (Azman Ahmad, 1995). By

November 1996, a total of about 12,000 activities had been conducted. ("Ministry only able to set up 18 *Rakan Muda* centres", 1996).

In the 1995 national budget, RM176 million was allocated for *Rakan Muda* programmes (Mohd Abdullah, 1995). In the first half of 1996, RM7 million was allocated to state Youth and Sports Departments to organise *Rakan Muda* activities with non-governmental organisations (Mohd Yusof Taib, 1996).

The Ministry is in the midst of revitalising the *Rakan Muda* programme to make it more relevant to youths (Ainon Mohd, 2000). Nevertheless, the aims of the programmes would remain the same. Two new *Rakan Muda* programmes to be included are motor sports and extreme games ("End to 'outdated' *Rakan Muda* programmes", 2000). Media releases also suggest that *Rakan Muda* would also emphasise volunteerism, building genuine partnership between the private and public sectors, implementation of various programmes at grassroot levels, injection of ideas by youths as well as recognition and awards for participants.

### Sports Training Services

In addition to the programmes for youths, there are also programmes for the younger group. Young adolescents are also targeted for Ministry programmes. Sports training is a flexible and adaptable programme to encourage sports and recreational activities as well as to nurture new talent. Coaching is provided to promote sports participation among 10 to 15 year olds. The ministry selects the sports to be included in the training programme. The sports chosen for 1998 were netball, *sepak takraw*, badminton, volleyball, orienteering, canoeing, wall climbing and martial arts and football, while *sepak takraw*, badminton, netball, hockey, volleyball, table tennis, canoeing, *silat olahraga* and taekwondo or karate was

selected for the following year. However, individual states have the responsibility of defining the specific activities offered given regional variability of available facilities and equipment. One of the conditions of signing onto a programme is that participants must commit their time on weekends over five months. According to the Ministry of Youth and Sports 1999 Annual Report, a total of 4,578 participants nation-wide took part in the programme that year (Ministry of Youth and Sports, 2000b).

### Sport for All Carnival

The Sport for All Carnival (KESUMA), which started in 1997, encourages participation from all strata of society, irrespective of race, religion, age, profession and social economic status. Its objective is to encourage a healthy and productive lifestyle (Ministry of Youth and Sports, 1997). This is a biennial event and held alternately with the Malaysia Games. The government hoped that the carnival would attract at least 50% of the population to participate in sports and recreational activities ("Kesuma galak rakyat aktif sukan," 1997).

The first KESUMA was held from 13 to 15 December 1997 in the Klang Valley (includes Kuala Lumpur and surrounding areas) and was later taken up in other states. The Ministry of Youth and Sports allocated RM5 million for the activities and programmes (Cruetz, 1997). The carnival was officiated by the then Deputy Prime Minister Anwar Ibrahim at Merdeka Square. Events at the carnival included rhythmic martial arts, the KESUMA run, *sepak takraw*, netball, volleyball, five-a-side football (futsal) and three-on-three basketball. The KESUMA run which was held on 14 December, started at ten parliamentary constituencies of the Federal Territory of Kuala Lumpur as well as the Kuala

Lumpur Tower and finished at Merdeka Square. Participation in all programmes was free of charge and teams were from the private and public sectors, voluntary organisations, the corporate world as well as institutes of higher learning from all over the country. This is a commendable use of government resources as the carnival attracted 15,000 participants ("KBS sediakan RM 3 juta biayai Kasuma", 1998).

The second KESUMA, which was held from 3 to 7 September 1999 at the National Sports Complex, Bukit Jalil, Kuala Lumpur, was allocated RM3 million by the Ministry of Youth and Sports. This event was organised by the Ministry of Youth and Sports with the co-operation of sports and recreation associations (Ministry of Youth and Sports, 1999a). However other government agencies, the private sector, corporate bodies, social institutes and volunteer groups were also involved. Events were divided into three categories namely, inter-state competitions, open competitions and open entry games for the public.

According to the Ministry of Youth and Sports 1999 Annual Report, 44 events were held throughout the five days of KESUMA (Ministry of Youth and Sports, 2000b). These included five inter-state competitions, nine open category competitions and 30 activities for the public to try. A total of 850 competitors took part in the inter-state competitions. There were 746 teams with a total of 7,313 participants in the open category; and 6,000 members of the public attempted the various open category games. Inter-state events were futsal, volleyball (male), netball, *sepak takraw* and rhythmic martial arts while the open category events were futsal, 3-on-3 basketball, beach volleyball, carrom, chess, rhythmic martial art, artificial wall climbing, tug-of-war and a mass jog. The public were encouraged to try out many traditional sports such as *gasing rui*, *gasing pangkah*, *dam harimau*, *congkak*, *seramban*, *galah panjang*, *usung balaki*, *ketinting*, *untai*

*gerah, tanting lawi, sepak raga tikam and sepak raga rumbai* as well as international sports such as go-kart, petanque, basketball, taekwondo, artificial wall climbing, netball, kite flying, chess, carrom, weight lifting, table tennis, lawn bowls, rowing, orienteering, marble pult, *gymkana*, and numerous fitness and health activities. Publicity for the event was comprehensive as it included posters, brochures, banners, buntings, newspaper advertisements, television and radio coverage. The programme was also posted on the ministry's homepage.

KESUMA is praiseworthy effort in encouraging sport for all as it included a variety of activities from both traditional and international sports for the public to try out. There was also wide publicity for the Carnival, which added to its success.

### Sport for All League

Introduced in 1997, the Sport for All League, is an initiative aimed at the grassroots level. This recent event in the sport for all annual programme is conducted by state Youth and Sports Departments as well as by district Youth and Sports Offices. Competition starts at the *mukim* level. The champions at the *mukim* level compete to be district champions. Teams who are district champions then vie to be state champions. Competitions are usually held on weekends (Ministry of Youth and Sports, 1998). National level competitions are only held once in two years. According to the then Minister of Youth and Sports, Muhyiddin Mohd Yassin (R. Sittamparam, 1997) the league is an extension of the *Rakan Sukan* programme aimed at getting a wider range of participants from all walks of life. There are two age categories (youths and veterans). Youths are categorised as those aged 15 to 40 years old and veterans as those aged 40 years and above. The

events in the League are *sepak taraw* and volleyball for men as well as netball for women.

In order to give more people an opportunity to take part in the Sport for All League, those who had represented the country or the state in previous years are ineligible. In order to promote racial harmony and national unity, another condition of the League requires that each team consist of members from different races (Sports Division, Ministry of Youth and Sports, 2000c).

According to the last published record by the Sports Division, Ministry of Youth and Sports (2000c), there was an increasingly satisfactory response for the League from 1997 to 1999. Throughout 1998, 113 districts held *sepak takraw*, netball and volleyball events. There were 2,114 *sepak takraw* teams, 1,718 netball teams and 1,699 volleyball teams in total.

The KESUMA and Sport for All League are in line with the *Malaysia Cergas* concept (R. Sittamparam, 1997). These two programmes were planned to activate state and district sports councils and their affiliates. Figures suggest that both programmes are successful in encouraging an active and healthy lifestyle among Malaysians, which is one of the government motives in promoting sport for all.

### Traditional Sports

Interest in traditional sports waned with the introduction of modern sports, first during colonisation and more recently due to globalisation. Recognising that this rich sporting resource is being lost to the nation, there are efforts to revive them. *Sepak raga* or *sepak takraw* as it is now called (in its modern form played according to rules similar to badminton) has become an international competitive

event with the national team taking part in many international meets. Attempts are being made to popularise other traditional sports such as *gasing* (top spinning) and kite flying to urban populations. The Sports Division, Ministry of Youth and Sports (1992) acknowledged that it is also involved in promoting traditional sports. Their programmes include organising competitions as well as coaching courses for traditional sports such as *silat olahraga* (a traditional Malay art of self defence) and *menyumpit* (blow pipe). From time to time, there are also demonstrations of these games and the public is encouraged to try them out (Ministry of Youth and Sports, 1999a).

### National Day Martial Arts Competition

Held for the first time in 1997, the annual National Day Martial Arts competition is the highlight of all martial arts activities in the country. The event is aimed at promoting martial arts among the people as well as to inculcate the values of martial arts, for example diligence, honesty, respect and fairness, into daily life. With the increase in social problems faced by youth and the diminishing sense of family unity and community involvement, it is heartening to note that the government is taking the initiative to popularise martial arts.

The competition is open to martial arts exponents in the country. However, it was only in 1999 that East Malaysia (Sabah, Sarawak and Labuan) took part in the competition. The sports, which have their origins in the major cultural groups in the country, included taekwondo, *silat*, shito-ryu karate-do, wushu, tai-chi Huang, and silambam. The number of martial arts disciplines competed in increased from 12 in 1997 to 13 in 1998 to 14 in 1999. According to the Ministry of Youth and Sports 1999 Annual Report (Ministry of Youth and Sports, 2000b), a



total of 1,776 exponents took part in 1999. There was good response not only from participants, but also spectators who followed the competition. However, attendance figures are unavailable.

### Jump Rope for the Heart

The Ministry of Youth and Sports is working together with the Heart Foundation of Malaysia to promote jumping rope (skipping) as an alternative exercise to existing games and sports (Ministry of Youth and Sports, 2000a). In 1999, this programme started off with a workshop. It was hoped that this simple and adaptive activity would increase the fitness of people and prevent heart disease. Following the workshop, jump rope instructor courses and competitions were conducted in major centres throughout the country to popularise the sport. Another effort to promote the sport is through national competitions. According to the officer in charge, Sinanchalam, R. (personal communication, February 5, 2001), enthusiasts who are interested can also take part in international events.

### National Physical Fitness Test

The National Physical Fitness Test was developed and produced by the Ministry of Youth and Sports together with the National Association for Physical Education, Sports Science and Fitness. Incorporating a total of seven items, the test measures cardiovascular fitness, body composition, flexibility, strength, power and muscular endurance. Points are given for results on each item. The scale is: 5 for superior, 4 for excellent, 3 for good, 2 for fair and 1 for poor. The total fitness test score for all seven is calculated and awards (bronze, silver, gold, golden heart, active lifestyle) are presented based on one's achievement. To obtain a bronze

award, one has to obtain a “fair” score for at least 5 of the items including cardiovascular fitness and body composition as well as a total above 14 points. To be eligible for a silver award, one has to obtain a “good” score for at least 5 of the items including cardiovascular fitness and body composition as well as a total score above 20 points. The criteria for a gold award are excellent scores for at least 5 of the items including cardiovascular fitness and body composition as well as a total score of above 27 points. A golden heart award is given to those who achieve “excellent” scores for cardiovascular fitness and body composition. The active lifestyle award is for those who attain at least “fair” scores for cardiovascular fitness and body composition. The achievement levels are adjusted for age and sex. These are efforts to motivate more people to participate and improve their scores.

The Ministry of Youth and Sports has plans to include a programme to calculate the National Physical Fitness Test scores on its home page. This facility would enable members of the public to evaluate and analyse their test performance.

### Extreme Games

Globalisation and urbanisation has created a growing middle class and a Generation X in Malaysia. Young people are influenced by the media and are keen to experiment and try new challenges, including in sport. Alternative sports, such as extreme games, have gained popularity among young people. Extreme games or X-Games are non-traditional sports that include aggressive in-line skating, sky-surfing, snowboarding, street luge, wall climbing as well as extreme water sports like wakeboarding and barefoot jumping (skiing on water with only the soles of the feet to stay above water).

Due to the popularity of this new sport, the Ministry of Youth and Sports has adopted them in their programmes. Efforts made by the government include hosting competitions, for example the Ministry of Youth and Sports Wall Climbing Trophy, the Asian Climbing Championships in November 2000 and the Asian X-Games qualifier for three consecutive years starting in 2002. The Ministry of Youth and Sports Wall Climbing Trophy was initiated to promote wall climbing as well as to identify talent in the sport. The first artificial wall climbing competition was held in that state of Kelantan in 1998 (Ministry of Youth and Sports, 1999b). This was followed by another in Malacca the following year (Ministry of Youth and Sports, 2000b). The 1999 competition attracted 107 climbers.

Unfortunately, the weather and lack of publicity discouraged spectators. The reports for the 2000 events are unavailable.

### Go Karting

Although Malaysians have always been interested in motor sports, following for the sport and related activities such as go-karting grew after the arrival of the Malaysian Formula One Grand Prix in Sepang. The Ministry recognised this interest and included go-karting in its activities. The first Youth and Sports Ministry Invitational Kart Prix was a two day fixture in June 1999; it was held at the car park of the Shah Alam Stadium. The event attracted more than seventy local and foreign competitors. Australia, Brunei, Germany, Hong Kong, Indonesia, New Zealand, Singapore and the United Kingdom were represented. The four categories of competition were open class, national class, junior class and cadet class (Report of the Invitational Kart Prix Championship '99, 1999). It is expected that as interest increases, the government will build more karting circuits,

especially if go-karting forms part of the *Rakan Muda* programme ("Tie-up with *Rakan Muda*," 2000).

A motor promotional Sports Week was held in conjunction with the 1999 Malaysian Grand Prix. Among the programmes were the KL Motor Sports Show '99, an antique and vintage car exhibition and a go-kart competition at the Sepang Circuit (Ministry of Youth and Sports, 2000b).

### Outdoor Recreation

There is a choice of outdoor recreation in Malaysia including mountaineering, canoeing, scuba diving and snorkelling, sailing, hiking, trekking, orienteering and fishing. These activities are themselves enjoyable and also have health and social outcomes. Moreover they frequently involve acquiring other applicable skills such as survival skills, first aid and map reading.

The very topography of Malaysia attracts people to the outdoors. The country has wonderful national resources that are recreational assets. They include islands, nature parks and mountainous regions. More Malaysians are seeking something beyond passive modern recreation. Urban Malaysians would like to escape from the hustle and bustle of the city and go back to nature. They want to get away from the confined space of their offices and houses to the wide-open space of the outdoors.

Therefore as an increasing number of Malaysians took up interest in outdoor recreation, the Recreation branch of the Ministry of Youth and Sports was established. This government department's role is to conduct land-based, water-based and air-based activities as well as motor sports. Activities include canoeing, surfing, mountaineering and orienteering.

Water based activities are popular among Malaysians. This is obvious from the increasing number of water sports festivals held at state level, for example in Perak ("Pesta sukan air 26 Oktober," 1996). The Malaysian Water Sports Council was set up on 22 February 1995 ("Kerajaan bentuk Majlis Sukan Air," 1995) to promote water sports. The council members include the National Kayak Association, the Malaysian Rowing Association, the Malaysian Canoe Association and others involved in canoeing, water skiing, jet sport and yachting.

Rowing camps and regattas were held for university students in 1991, 1992 and 1993 (Sports Division, Ministry of Youth and Sports, 1999). According to the Sports Division of the Ministry of Youth and Sports (1992), a total of 460 university undergraduates attended basic courses in rowing including coaching and officiating. An inter-university rowing regatta was held on 22 December 1991 at the Batu Dam, Gombak, Selangor. In 1994, rowing was introduced to the various states in a series of road shows. From 1995 until 1997, rowing was promoted among youths through the *Rakan Muda* programme.

The first National Rowing Regatta was started in 1997, but it was only in 1998 that the Youth and Sports Minister's Challenge Trophy was introduced. The 1999 event, jointly organised by the Ministry of Youth and Sports and the Rowing Association of Malaysia, was held in Batu Dam, Gombak, Selangor. The annual activity aims to promote and popularise rowing among Malaysians. It is the climax of the year's rowing events. In 1999, there were 4 categories of competition. They were club, university, state and South East Asian region.

Malaysia hosted the first annual International South East Asian Rowing Regatta in 1993. The regatta was later hosted by Myanmar in 1994, Singapore in 1995, Indonesia in 1996 and 1997, Thailand in 1998 and Singapore in 1999. This

event returned to Malaysia in 2000. In Malaysia, the regatta was promoted as a tourist attraction for both local and overseas visitors.

### Development Programmes

The Ministry also promotes sports which are considered new to Malaysians. Among these are lawn bowls and petanque. Lawn bowls has since become a sport in which Malaysians excel. Lawn bowls was included in the 1998 Commonwealth Games in Kuala Lumpur while petanque was included in the 21<sup>st</sup> South East Asian Games held in Kuala Lumpur in 2001.

### One-off Programmes

In addition to its annual programmes and activities, the Ministry conducts one-off (single occasion) events. An example was the ten-day sports carnival held in conjunction with the opening of the National Sports Complex at Bukit Jalil in July 1998 (Ministry of Youth and Sports, 1999b). Attempting to attract participants from across the population, activities such as 3-on-3 basketball, beach volleyball, wall climbing, go-karting, roller blading, kite flying, *gasing*, football, ballooning, and a mass run were held around the Complex.

There has been a range of other one-off activities including walks and runs such as the Dove Run (1994) and the World Walking Day (1997). According to the souvenir programme (Ministry of Youth and Sports, 1994a), the Dove Run was a road relay race. The national government's use of this event to promote goodwill and friendship amongst Asian nations is indicative of its consciousness of the strength of physical activity as a social and political mediator.

More recently, other one-off events were held to garner public support for the country's bid to host the 2006 Asian Games. The *Walk for the Nation* held in 1999 and the *Larian Rakyat* (Citizens' Run) a year later, were successful by all accounts. It was a symbolic show of Malaysians coming together to support the bid. As a multi-site extravaganza, the *Walk for the Nation* also achieved its objectives of encouraging participation from various levels of society such as families, schoolchildren and persons with disabilities as stated in its concept paper (Sports Division, Ministry of Youth and Sports, 2000b). Held simultaneously in 193 places nation-wide on 6 November 1999, it reportedly attracted over two million participants ("A walk on the patriotic side," 1999). The following year, a similar event *Larian Rakyat* (Citizens' Run) was held on November 2000. This time 2.3 million people took part in runs at 214 locations nation-wide ("2.3 million make *Larian Rakyat* biggest sporting event", 2000). These figures are impressive as it constitutes about one tenth of the population of Malaysia.

#### Seminars, Workshops and Courses

In addition to organising physical activities, the Ministry, in recognising the need to build the country's base of sports officials, facilitators and administrators, periodically conducts a variety of seminars, workshops and courses for sports associations as well as the public. This is important because qualified personnel are needed for the effective promotion of sport for all. Courses, which the ministry has conducted since the 1970s, include coaching courses, introduction to games for potential coaches as well as sports clinics for badminton, hockey, football and table tennis. More recently, among the courses that have been introduced have focussed

on orienteering, officiating, hang gliding and judging rhythmic martial arts (martial arts set to music).

The Ministry also conducts seminars on Executive Fitness and Physical Fitness for Civil Servants. The first Executive Fitness seminar for Civil Servants, a three-day event in June 1988 held at the Institute Aminuddin Baki, Genting Highlands, was attended by the Prime Minister himself, Dr. Mahathir Mohamed. Top government officials also participated in this seminar. For example, the Chief of the Malaysian Police, the Secretaries General and the Directors General of the various ministries and the directors of various government agencies (Prime Minister's Department, 1988). The fact that the Prime Minister and top government officials attended the seminar shows the support of the various government agencies for physical activity. Its importance is also proven by the time allocated for the seminar. The seminar was deemed important enough to warrant spending three days away from their busy schedule, as opposed to having it after office hours. The seminar aimed to increase awareness of health and fitness among civil servants.

These executive fitness courses are presumed on the research cited earlier which shows that with increased health and fitness, employees can be more efficient and effective. The seminar included topics such as exercise, nutrition and stress management. In recognition of cultural preferences among Muslims, some seminars cater exclusively for female civil servants. The Ministry of Youth and Sports also organises these seminars for the various ministries and departments (Sinanchalam, R., personal communication, February 5, 2001).

The Ministry realises the support system needed to sustain sport for all and conducts a range of courses to increase the number of qualified trainers and coaches in recreation and fitness. They include programmes to manage mass



sports, outdoor recreation and sports facilities (Sports Division, Ministry of Youth and Sports, 1992). In addition there are also training courses for fitness instructors and mass aerobics instructors. The Ministry conducts four courses for the certification of fitness instructors. They are the 3-day Level I, 6-day Level II and 7-day Level III fitness instructor courses as well as the 12-day trainer courses. The curriculum of these courses includes fitness concepts, basic anatomy and physiology, nutrition, fitness training, fitness testing, sports injuries and the *Malaysia Cergas* concept (Ministry of Youth and Sports, 1994b). In 1989 alone, 2,239 participants benefited from sports leadership, coaching and other training programmes (Department of Information, 1991)

Leadership and management courses for recreation and sports were started in 1998 to train effective leaders (Ministry of Youth and Sports, 2000b). These courses last for five days and include an introduction to the National Sports Policy, the Sports Development Act, *Malaysia Cergas*, leadership and motivation.

The Ministry of Youth and Sports has also organised national conferences, for example the 1972 National Sports Seminar, the 1987 National Sports Congress and the 1996 National Sports Convention. Sport for all was discussed in all these conferences.

These seminars, workshops, courses and conferences conducted by the Ministry are consistent with the policy and values of the Ministry of Youth and Sports to develop leadership skills. It is not an easy task to facilitate the sport for all movement. In addition to programmes, time and people are required to make it a success. What the Ministry has done in the country's short history of sport for all is commendable.

### National Sports Consultative Council

According to Minister of Youth and Sports, Hishammuddin Hussein (2000), the National Sports Consultative Council was established in 1993 to consult, co-ordinate and advise on matters relating to sport for all and high performance sport in line with the National Sports Policy and Vision 2020. According to the terms of reference of the Council (Ministry of Youth and Sports, n.d.-d), the council also provides a forum to discuss issues related to all aspects of sport, recreation and fitness and to make recommendations to the government. Its membership is made up of presidents of national sports, recreation or fitness organisations; presidents of sports councils; government officers; academicians; corporate figures and media representatives. The chairman of the Council is the Minister of Youth and Sports. The Council has held two recent national conferences in 1999 and 2000 to deal with current issues in the policy, planning and implementation of sports, recreation and fitness (Ministry of Youth and Sports, 2000c).

### National Sport for All Award

There are awards for high performance sport, but there was no equivalent award for sport for all until 2001. The National Sport for All Award by the Ministry of Youth and Sports was created to acknowledge the contributions of individuals and associations who promote sport for all and to serve as a motivation for those involved in sport, recreation and fitness activities. The award has four categories: male, female, association and corporate sector.

## Publication and Documentation

The Ministry of Youth and Sports' work in promoting sport for all continues in all ways, including in publication and documentation. In addition to conducting programmes and activities, the Ministry publishes competition rulebooks and promotional brochures on *Malaysia Cergas*. Among its published rulebooks are those on 3-on-3 basketball, netball, *sepak takraw*, volleyball and wall climbing. Materials on *Malaysia Cergas* include pamphlets on physical activity (jogging, cycling), health (the dangers of cholesterol, high blood pressure, smoking and heart disease) and nutrition. These pamphlets are distributed free of charge to the public.

The Ministry of Youth and Sports has a public library. It houses a range of materials on sport including relevant government documents and reports. In addition, proceedings from sports conferences and seminars organised by the Ministry can also be found there. Whenever Ministry officials attend seminars abroad, they keep a copy of the seminar papers in the library. There are also files of newspaper clippings on sports at home and abroad. The Ministry has a collection of videotapes of various sports and recreation activities to serve as reference material.

In addition to sport for all programmes by the Ministry of Youth and Sports, it is also important to examine the implementation at the state level by the state Youth and Sports Department.

### **State Youth and Sports Department**

State Culture, Youth and Sports Departments and subsequently district Culture, Youth and Sports Offices, were set up throughout the country starting

from 1967. These state and district offices act as agents of the Ministry. The planning of sport for all programmes is done at national level, while the implementation is at state and district levels. When the Ministry of Culture, Youth and Sports was changed to the Ministry of Youth and Sports, the name of the state and district branches was also changed. There are 15 state Youth and Sports Departments and 110 district Youth and Sports Offices throughout Malaysia. There is a state Youth and Sports Department in each of the 13 states (Johore, Kedah, Kelantan, Malacca, Negeri Sembilan, Pahang, Penang, Perak, Perlis, Sabah, Sarawak, Selangor and Terengganu) and the two Federal Territories (Kuala Lumpur and Labuan) in Malaysia. State Youth and Sports Departments are headed by directors while district Youth and Sports Offices are headed by senior officers.

This section of the discussion examines the implementation of sports programmes at the Federal Territory of Kuala Lumpur Youth and Sports Department. The focus has been to study the Federal Territory of Kuala Lumpur Youth and Sports Department because of certain features. This department is an interesting case, essentially it is the seat of power for sport for all. Being a Federal Territory, the department works closely with the Kuala Lumpur City Hall as well as the Prime Minister's Department (Salmah Hamid Sultan, personal communication, 8 February 2001). The minister in charge of the Federal Territory is located in the Prime Minister's Department. The minister is in charge of youth and sport in the Federal Territory and is the chairperson for the Federal Territory Sports Consultative Council as well as the Federal Territory Youth Consultative Council. The Ministry of Youth and Sports also works closely with the Federal Territory of Kuala Lumpur Youth and Sports Department as most national level events are held in Kuala Lumpur. This is because of Kuala Lumpur's central location as well as the availability of numerous sports facilities.

### Federal Territory of Kuala Lumpur Youth and Sports Department

Kuala Lumpur, the capital of Malaysia, achieved city status in 1972 and was established as the Federal Territory two years later in 1974. Since then it has been administered directly by the federal government.

The total area of the Federal Territory of Kuala Lumpur is 243 square kilometres. According to the 1991 Population and Housing Census of Malaysia, the Kuala Lumpur population is 1,226,708 people (Department of Statistics, 1995). This makes it the most densely populated area in Malaysia. It is made up of 265,487 living quarters and 246,024 households (Department of Statistics, 1992). Being the capital of Malaysia, Kuala Lumpur is very cosmopolitan. The population is made up of Malaysians and has the densest population of foreigners. According to the 1991 census, Malaysians make up 95.5% of the population of Kuala Lumpur while the others were not Malaysian citizens. The ethnic composition of Malaysian citizens in the city is as follows: 39.4% Bumiputeras, 47.5% Chinese, 11.8% Indians and 1.3% others (Department of Statistics, 1995). Foreigners from all around the world work in Kuala Lumpur as professionals, skilled and unskilled labour.

Kuala Lumpur is a city of contrasts. The world's tallest building (Petronas Twin Towers) is situated near Kampung Baru with its wooden houses and zinc roofs. Trendy eateries are found next to roadside hawker stalls. There are bungalows and up market condominiums as well as squatter houses and low-cost flats. That is the uniqueness of the city. It is challenging for those who choose to live and work there. Youths in urban Kuala Lumpur find that they have few outlets for their energy. Many are seen loafing at shopping complexes. They are also

associated with social problems such as drugs, robberies, car thefts, rape and other crimes. It was found that 8% of Malaysian youths were involved in criminal cases and social problems (Tawie, 2001) and almost 80% of the 200,000 identified drug addicts since the 1970s were youths (L. T. Lee, 2001). Albela (1999) reported that in 1995, a total of 3,560 juveniles were arrested for crimes including murder, armed robbery, assault, extortion, theft, rape, incest, house break-in and car theft while in 1996, the figure was 4,681. As sports has a positive effect on delinquency, it is especially important to provide adequate sports programmes for youth. Consequently, this section analyses what is going on.

The youth population of Kuala Lumpur differs from that of other states in a number of ways. This is because the youths in Kuala Lumpur are exposed to many influences and are more sophisticated as a result of urban living. Social problems such as loafing and crime are rampant. This poses a challenge for the Federal Territory of Kuala Lumpur Youth and Sports Department. According to the Deputy Director of the Federal Territory of Kuala Lumpur Youth and Sports Department, Salmah Hamid Sultan (personal communication, 8 February 2001), the department has to constantly think of ways to encourage the youth to become more productive in spending their time. One of the ways is by taking part in sports and fitness activities, which is actively encouraged by the government.

In order to understand the implementation of programmes by the Sports Department of the Federal Territory, it is necessary to have an overview of its organisation. The Federal Territory of Kuala Lumpur Youth and Sports Department's current structure is similar to that of the Ministry of Youth and Sports.

The Federal Territory of Kuala Lumpur Youth and Sports Department originally named the Federal Territory of Kuala Lumpur Culture, Youth and Sports

Department was established on 5 May 1976. The department was then located at Wisma MPI (Federal Territory of Kuala Lumpur Culture, Youth and Sports Department, 1983). When the Ministry of Culture, Youth and Sports relocated to the Damansara Town Centre in 1986, the Department followed suit. The Department moved again in 1994 to Kampung Pandan. In the beginning, it occupied part of the hostel at the Youth and Sports Complex. Three years later, it moved into its own building next to the hostel.

The administration and management of the Department differs from that of similar departments in the other states where offices at the state level are divided according to the districts in the state. The Federal Territory of Kuala Lumpur has a unique administrative structure and the Sports Department follows suit. Kuala Lumpur is divided into districts according to parliamentary constituencies. The ten parliamentary constituencies in the Federal Territory are Batu, Wangsa Maju, Kepong, Segambut, Lembah Pantai, Sungai Besi, Bandar Tun Razak, Cheras, Seputeh and Titiwangsa. The ten constituencies are grouped into seven districts. They are Batu (made up of Batu and Wangsa Maju), Bukit Bintang, Kepong (made up of Kepong and Segambut), Lembah Pantai, Sungai Besi (made up of Bandar Tun Razak and Cheras), Seputeh and Titiwangsa. Figure 4 shows the administrative structure of the Federal Territory of Kuala Lumpur Youth and Sports Department.

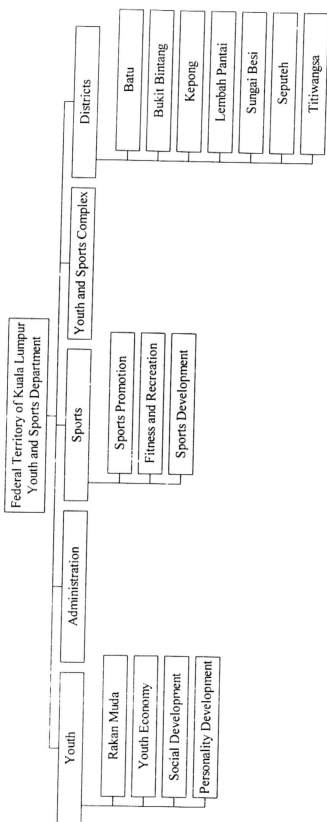


Figure 4. Administrative structure of the Federal Territory of Kuala Lumpur Youth and Sports Department.



Another unique feature of the set-up at the Federal Territory of Kuala Lumpur is that there are no offices at the district level unlike the situation in the other states (Federal Territory of Kuala Lumpur Culture, Youth and Sports Department, 1983). District Youth and Sports officers are located at the state department in Kampung Pandan together with state Youth and Sports officers. This enables officers at the district level to help with state projects. Examples include the *Walk for the Nation*, *Larian Rakyat* and the National Day runs. In the other states, the district Youth and Sports Offices are located at the districts.

The district Youth and Sports Offices of the Federal Territory of Kuala Lumpur plan to relocate to the respective districts. Suitable office space in the various districts is currently being identified. This strategy is deemed necessary due to increased responsibilities in the district offices. In having offices at the district level, the officers would find it easier to conduct and monitor programmes and activities for residents. At present, there is only one officer for each district and the support staff is from a common pool. After the move, each district office would have three officers and a clerical staff. There is no target date for the move.

The Youth and Sports Department works closely with the Kuala Lumpur sports related associations. In the year 2000, there were 32 sports associations, 29 fitness and recreation associations and 37 martial arts associations in Kuala Lumpur. Unlike the other states, there are no district level associations in Kuala Lumpur. The associations are non-governmental organisations and a committee runs each association. The associations provide instructors and trainers for state programmes.

## Objectives

The implicit objectives of state Youth and Sports Departments are in line with the policy and objectives of the Ministry of Youth and Sports; that is the purpose of state departments is to promote sport for all. However, there are no explicit written objectives for the state departments; each state sets its own within the broad parameters of sport for all. In the case of the Federal Territory of Kuala Lumpur, its stated objectives have changed through the years. The initial objectives quoted from the 1982 Annual Report are:

- to produce a united, healthy, fit and disciplined society;
- to change society's attitudes towards the importance of sports;
- to create a suitable environment to develop sports; and
- to improve the quality of life as well as social, moral and intellectual levels.

(Federal Territory of Kuala Lumpur Culture, Youth and Sports Department, 1983,

p. 68)

Reworded in 1986-1987, the objectives were articulated in the 1987 Annual Report. They read:

- to promote *Malaysia Cergas* in order to improve the health, fitness and discipline of the society;
- act as an agent to change public opinion on the importance of sports and recreation;
- create a suitable environment to promote sports;
- to improve the quality of life;

- to improve the achievement of athletes; and
- to raise the spirit of patriotism.

(Federal Territory of Kuala Lumpur Youth and Sports Department, 1988, p. 39)

The objectives stated in the 1999 Annual Report are parallel to the ones in the National Sports Policy (1988):

- to create a healthy, disciplined and united society through wider participation in sports at all levels of society;
- to provide opportunities and facilities to fulfil the social, psychological and physiological needs of the individual through sports;
- to increase the knowledge and practice of sports and to raise public appreciation of leisure; and
- to achieve sporting excellence at state, national and international levels to promote national image.

(Federal Territory of Kuala Lumpur Youth and Sports Department, 2000, p. 115)

Although worded differently, the objectives of the Department have remained relatively consistent through the years stressing unity, discipline, health, public awareness of sports, sports facilities and sporting achievement.

### Strategies

The Department has five strategies to achieve its objectives. The present strategies of the Youth and Sports Department of the Federal Territory of Kuala Lumpur very closely follow the Ministry's national strategies. They include

developing organisational leadership, mass programmes and activities, sports facilities, promotion and marketing as well as sports education and culture (Salmah Hamid Sultan, personal communication, 8 February 2001).

### Target Groups

The Youth and Sports Department targets programmes at a wide population. The potential audience includes children, youth, adults, women, veterans and people with disabilities, irrespective of race, ethnicity, culture, residence and socio-economic status. The department also focuses on all levels including leaders, technical officials, trainers and practitioners from agencies, institutes, non-governmental organisations and the private sector.

When the department organises programmes, publicity for the event is through the print and electronic media as well as through the district offices and sports associations. Officers at the district level disseminate the information locally to the general population and through various sports associations to their members.

### Programmes

The Youth and Sports Department has a full calendar. It plans programmes on a yearly basis. In the 1980s, the department concentrated mainly on promoting sports among the general population as well as on training sports personnel. Analysis of early programmes revealed the following categories of activities: sports training for badminton, *sepak takraw*, athletics, football and table tennis and sports clinics for cricket, rugby and volleyball. Sports seminars and courses that have been conducted include topics such as coaching, refereeing, physical conditioning, sports management, facility management, sports administration and

development. In its early days, the focus seems to be on common competitive sports. Again, following the national pattern, through the years, the programmes run by the Federal Territory of Kuala Lumpur Youth and Sports Department have increased in number and variety. According to the Annual Report for the year 2000, 89 programmes were conducted both in 1997 and in 1998, 113 in 1999 and 143 in 2000 (Federal Territory of Kuala Lumpur Youth and Sports Department, 2001).

At the beginning of each year, the Ministry of Youth and Sports circulates an annual list of programmes to every state Youth and Sports Department. This list of scheduled programmes includes programmes to be conducted by the national Ministry, the state Youth and Sports Departments and district Youth and Sports Offices. The Ministry funds all these programmes. This list includes activities from all the branches of the Sports Division of the Ministry. In addition to this national schedule, each state Youth and Sports Department conducts its own programmes. Basically programmes can be divided into five categories (the first four are nationally initiated): national level, zone level, state level, district level and state initiated programmes. The essential features of each of these are outlined below.

#### National level

National programmes are planned and conducted by the Ministry and all the state departments send participants. These include courses such as management and leadership for gymnasium instructors, mountain bike as well as motorcycle and car marshals, the Sport for All convention, National Sports Consultative Council meetings as well as national level competitions like the National Climbing championship (Youth and Sports Minister's Cup) and the National Canoeing competition.

### Zone level.

Peninsular Malaysia is divided into four zones – north, south, central and east. East Malaysia, which is made up of Sabah, Sarawak, and the Federal Territory of Labuan, is another zone. The Federal Territory of Kuala Lumpur comes under the central zone. For zone activities, a state department is given the responsibility of organising a programme for the particular zone. Other states in the zone send participants. The rowing regatta and sports courses are examples of zone activities.

The zone level rowing regatta is aimed at promoting rowing to the public and attracting more youths to the sport. It is geared towards 17 to 25 year olds with the objective of selecting participants for state rowing teams in order to take part in zone and national regattas. Each state sends ten participants to the zone level programme.

Initiated in 1997, the rowing circuit is an annual event. Its aim to prepare athletes for the Minister of Youth and Sports National Rowing Regatta. The rowing circuit is also an avenue to identify new talent for the national rowing team.

Among the courses held at zone level are those designed to introduce and promote newer sports such as petanque, mini tennis, scuba diving, hang gliding, parachuting, extreme games and go-karting. Each state sends participants to the course and it is anticipated participants return to their state and locally introduce the sport.

In addition to courses to introduce new sports, there are also courses to develop established sports. An example is the orienteering development programme that is aimed at exposing participants to the technical and practical aspects of orienteering. After completing the course participants should be able to conduct orienteering courses in their respective states. Sports clinics are also held

to develop the sports. Examples of some clinics which were held are badminton and lawn bowls. Leadership courses such as those for outdoor recreation and fitness are also held at zone level.

When the Ministry of Youth and Sports introduces new programmes, it is necessary to train instructors. Some of these courses are held at the zone level. An example is the jump rope for the heart programme that was started by the Ministry of Youth and Sports in 1999.

#### State level.

Certain programmes are planned and conducted within the state and funded by the Ministry of Youth and Sports. These include sports training services as well as courses and camps.

The sports training services programme is a five-month long programme aimed at encouraging sports participation among 10 to 15 year olds. This programme is publicised in schools through the Education Department at each state. Following the programme, competitions are held at zone level. All the states in the zone send a contingent. This event is the highlight of the sports training services programme as it is a way of evaluating the effectiveness of the programme.

Another programme held at the state level is the Sports Week that was started in 1979 to encourage participation in physical activity, inform the public about its benefits and foster national unity. Some of the activities that were held through the years included softball, badminton, traditional sports, squash, football, table tennis, jogging and cycling as well as the Sportsman and Sportswoman of the Year Awards.

The Sports Month, which is an extension of the Sports Week, started in 1991. In recent years, this programme was also an opportunity to introduce new sports like wall climbing, petanque and kayaking. There were also health and fitness exhibitions and health talks.

There are many courses, workshops and clinics that are conducted at the state level. Participants from the various districts within the state attend these courses. The aims are to create more sports leaders as well as sports enthusiasts. One such course is on Leadership and Management in Sports and Recreation that started in 1998 to produce effective and motivated sports leaders. The course is made up of academic lectures, group work and guest lectures by sports personalities. A workshop on Sports Management in the New Millennium, which was held in the year 2000, was a continuation of the sports leadership and management courses which were held at the state level in 1998 and 1999.

Courses to train the trainers are also held at state level. For example, to train rhythmic martial arts instructors after the sport was introduced by the Ministry of Youth and Sports in 1997.

Many courses are conducted in the area of recreation, such as the Level I Outdoor Recreation Leadership course and the technical workshop for canoeing officials. The courses are not only to create more recreation leaders but also to introduce the public to new sports. These include courses on go-karting, kayaking and motor sports.

Sports fitness seminars are conducted regularly for different target groups including office workers, government departments and the public.

Each state has a Youth and Sports Complex Community Fitness Centre. The Community Fitness Centre provides opportunities and facilities for the public to evaluate their fitness and health. Various activities are organised at these centres



including fitness tests, health lectures as well as fitness activities. The tests conducted are the National Physical Fitness Test as well as examinations for blood pressure, blood sugar, cholesterol and body mass index.

The State Youth and Sports Department manages the centre with the co-operation of other government agencies such as the Ministry of Health. A management committee runs the centre with the assistance of volunteers. Entrance to the club is by membership. Although the membership fee is a one off payment, members have to pay for fitness tests. The Federal Territory of Kuala Lumpur has one such centre at Kampung Pandan.

As mentioned in the previous chapter, the *gimnasium rakyat* or public gymnasium is a government initiative to provide basic gymnasium facilities for those who cannot afford the premium of private club membership. The Ministry of Youth and Sports assists in the management and administration of the gymnasiums. The Federal Territory of Kuala Lumpur has a gymnasium, which is located at Taman Tasik Perdana. Another gymnasium will be opened at the State Youth and Sports Department at Kampung Pandan.

#### District level.

Examples of programmes conducted at the district level which are funded by the Ministry of Youth and Sports include cross country races, fitness tests and treasure hunts.

Some activities are held simultaneously throughout the country. These include the *Walk for the Nation* held in 1999 and the *Larian Rakyat* held in 2000. In the Federal Territory of Kuala Lumpur, 180,600 people from the ten districts participated in the *Walk for the Nation* (Federal Territory of Kuala Lumpur Youth

and Sports Department, 2000) while 69,188 took part in the *Larian Rakyat* (Federal Territory of Kuala Lumpur Youth and Sports Department, 2001).

The Sport for All League started in 1997. League activities are held every Saturday and Sunday. Teams from the *kampungs* (local villages) and *mukims* take part in netball, volleyball, *sepak takraw* and football competitions. Winners at the *kampung* and *mukim* levels are then selected to go to district level competitions and then on to the state level.

As with the states, there are also fitness centres at district level. District Community Fitness Centres are similar to the State Youth and Sports Complex Fitness Centres. Both provide fitness and wellness services for the local community and serves as a permanent meeting place for activities (Sports Division, Ministry of Youth and Sports, 1998). The centre is administered by a group of facilitators and instructors, who are on hand to advise on fitness and health related matters.

The district Community Fitness Centres conduct mass programmes at the district levels to promote an active and healthy lifestyle among all levels of society and all age groups. Activities are held during weekends and public holidays in all districts throughout Malaysia. Activities include *LaRobik*, cross country races, treasure hunts, 2.4 km runs and *Malaysia Cycles*.

At present, Kuala Lumpur has seven district Community Fitness Centres. According to the deputy director of the Federal Territory of Kuala Lumpur Youth and Sports Department, Salmeh Hamid Sultan (personal communication, 8 February 2001), the aim is to have ten, one in each parliamentary constituency.

### State initiated programmes.

In addition to implementing activities planned by the Ministry of Youth and Sports, the Federal Territory of Kuala Lumpur Youth and Sports Department also initiates its own programmes. The scope of the territory's programmes is reflected in the number of its own programmes. According to its 1999 Annual Report, the Department conducted 38 such programmes that year (Federal Territory of Kuala Lumpur Youth and Sports Department, 2000). Programmes in this category include those run in conjunction with non-governmental organisations; in these cases the non-governmental organisations do the planning and the Department's usual role is to facilitate. (However on occasion it supports with financial assistance). Examples of such programmes are weekly aerobics sessions, cross country races, mass jogs as well as team training for various sports like badminton, orienteering, volleyball, *sepak takraw*, *silat olahraga* and netball. In 1998 the Department also collaborated with the National Council of Senior Citizens Organisation Malaysia to hold the Senior Citizen's Carnival (Federal Territory of Kuala Lumpur Youth and Sports Department, 1999).

The Federal Territory of Kuala Lumpur Youth and Sports Department periodically holds exhibitions to publicise its activities to the general public. The credence given these events is shown in the status of their venues. Exhibitions have been held at the Dayabumi building (1987) and more recently at the Central Market (2000). In particular these venues were chosen because they are places where youths congregate.

## Youth and Sports Complex

There is a Youth and Sports Complex in each state and Federal Territory. The Kuala Lumpur Youth and Sports Complex was established in early 1964. At that time it was known as the Youth Hall. In 1978, the name was changed to the Kuala Lumpur Sports Centre and again in 1994 to the Kuala Lumpur Youth and Sports Complex. The complex occupies an area of 18.2 square acres and consists of a gymnasium, multipurpose hall, indoor courts for table tennis, *sepak takraw* and badminton, outdoor courts for tennis, netball, volleyball and lawn bowls, a football field, running track and a field for athletics.

The main purpose of the Complex is to provide facilities to conduct youth and sports activities. In addition to the sports and recreation facilities, the Complex also has facilities for conducting meetings and courses. There are also a hostel, meeting room, lecture hall, computer room and cafeteria.

### Facilities

A survey of public sports facilities in Kuala Lumpur was conducted by the state department in 1994/95 (Federal Territory of Kuala Lumpur Youth and Sports Department, 1995). Based on the 30 respondents, the Federal Territory of Kuala Lumpur has a total of 19 open courts, 15 open fields, 2 golf courses, 6 swimming pools, 8 multi-purpose halls, 14 gymnasiums, 11 squash facilities, 2 open stadiums, 1 closed stadium and 2 tennis facilities. There is no information available on the usage of the facilities.

This case study of the Federal Territory of Kuala Lumpur Youth and Sports Department illustrates how much responsibility it has in the implementation of sport for all programmes nationally or locally initiated. Although the Federal

Territory is typical in that it implements nationally initiated programmes at national, zone, state and district levels in addition to local state initiated programmes, the quantity and quality of its programmes are impressive. Being the national capital, Kuala Lumpur is indeed a showcase with many national level programmes held there.

In Malaysia, government initiatives in sport for all would not be complete without mentioning the Ministry of Education. This is because the Ministry is responsible for sports and Physical Education in primary and secondary schools.

### **Ministry of Education**

The Ministry of Education is responsible for primary, secondary and higher education as well as teacher training. Part of the mandated or supplementary curriculum at all levels of education is sport. A report of the Cabinet Committee to review the implementation of the Education Policy (Ministry of Education, 1985) declared that sport is compulsory in all schools. Sport is a means of instilling the spirit of sportsmanship and fostering understanding and unity among the pupils. It is important for the physical, spiritual and mental development of the pupils.

Physical and Health Education is taught as one subject in Malaysian primary and secondary schools. The minimum weekly period allocation for Physical and Health Education is mandated under the Education Act 1996 (Act 550) and Selected Regulations. The requirements are shown in Table 13.

Table 13

Minimum Weekly Period Allocation for Physical and Health Education

	Level	Student age	Weekly allocation for Physical and Health Education
Primary	Year 1 – Year 3	7 – 9 years old	90 minutes (3 periods)
	Year 4 – Year 6	10 – 12 years old	60 minutes (2 periods)
Secondary	Form 1 – Form 5	13 – 17 years old	80 minutes (2 periods)

Note. From Education Act 1996 (Act 550) and Selected Regulations, Schedule 11.

The total weekly allocation for Year 1 to Year 3 is 1,350 minutes. In other words, Physical and Health Education constitutes approximately 6.7% of the weekly allocated instructional time. The total weekly allocation for Year 4 to Year 6 is 1,440 minutes and about 4.2% is for Physical and Health Education.

The Physical Education syllabus (Curriculum Development Centre, Ministry of Education, 1999b) states that the objective of the subject is to create fit and productive individuals. This is similar to one of the sport for all objectives of the National Sports Policy (1988). The Physical Education syllabus is divided into three content areas, namely fitness, skill and sport education. The syllabus is an integrated one as the syllabus builds on previous knowledge. For example, in the fitness component, the syllabus for Year 1 to Year 3 (primary school) includes cardiovascular endurance, flexibility, co-ordination, agility and balance. For the Year 4 to Year 6 syllabus, the additional topics are strength, reaction time and speed. The concept of fitness is also introduced at this stage. In Year 6, a topic entitled “power” is included. These fitness topics are elaborated upon in secondary education. In the skill component, the topics covered are gymnastics, recreation,

athletics and games. The topics included in the sports education component are safety, management, ethics and issues in Physical Education.

The report of the Cabinet Committee to review the implementation of the Education Policy (Ministry of Education, 1985) stated that co-curricular activities were important at all school levels and students were encouraged to participate in at least one game or sport. It was also recommended that sports activities involve a large number of pupils in order to achieve the objectives of the syllabus. The suggested activities included mass drills, cross-country races and big walks. These efforts mimic the community sport for all model to encourage mass participation.

A fitness test was implemented in Malaysian schools in 1970. The Malaysian Schools Sports Council Fitness Test is based on the AAHPER Fitness Test Manual (Kum Boo, 1977). This battery of seven tests (flexibility, shuttle run, chin ups, sergeant jump, throw, leg lifts and 600 yard run/walk) is still in effect. The test is conducted for students aged 11 to 18 years old. Tests are conducted twice yearly and the results are recorded (Sports Unit, School Division, Ministry of Education, 1970).

A new physical fitness test for primary and lower secondary schools is in the pipeline. This more comprehensive test would assess cardiovascular fitness, muscular strength, flexibility, body composition, co-ordination, balance, agility, power, reaction time and speed. The test results would be recorded in the Primary School Assessment Test and the Lower Secondary Assessment Test. The open certificate system for the Sijil Pelajaran Malaysia examination (taken in Form 5) would include Physical Education as a compulsory subject (Jugjet Singh, 1998 January 9).

Mini-sports for primary schools was launched in 1997 to suit the physical and psychomotor abilities of children between eight and ten years old (Ministry of

Education, n.d). This programme aims to encourage student participation (Jugjet Singh, 1998 October 18) and create sporting interest (Peters, 2000). The individual activities athletics and gymnastics are core sports but team sports (basketball, netball, volleyball, rugby and cricket) are optional. The recommended games emphasise fun as well as basic sports skills acquisition. In order to encourage involvement, simplified equipment and apparatus are used.

### **Ministry of Health**

The mission of the Ministry of Health is to motivate Malaysians to take positive action to improve and sustain their health status to enjoy a better quality of life. Given this vision it is not surprising that the Ministry has a role to play in promoting physical activity for all. The Ministry has worked together with the Ministry of Youth and Sports on joint projects including the Cardiovascular Disease Prevention and Control Programme (Ministry of Health, 1995), where one of the approaches was exercise promotion. Another collaborative effort between the two ministries was the 1998 Healthy Lifestyle Campaign ("Healing our nation," 1997), which had the theme "Fitness and Physical Exercise". The objectives of the campaign were to educate the public about the importance of exercise and to make exercising a way of life.

The 1998 Healthy Lifestyle Campaign is part of a nation-wide campaign that was held in two stages. Phase 1 was held from 1991 to 1996 and Phase 2 was planned from 1997 to 2002. The objectives of Phase 1 of the campaign were to create awareness of the various lifestyle diseases, such as cardiovascular disease, AIDS, cancer and diabetes. The campaigns against cardiovascular disease and diabetes incorporated specific components on exercise.



According to Health Minister Chua Jui Meng, although Phase 1 of the campaign created general awareness among the public, it failed to bring about the desired behavioural change in the general public ("MMA supports extended healthy lifestyle drive," 1997). Phase 2 is aimed at modifying behaviour to reduce the incidence of specific lifestyle diseases by promoting healthy eating, exercise and physical fitness, safety and injury prevention as well as positive mental health. Analysis of public promotional material suggests that aggressive campaigns were implemented including half hour television programmes, newspaper advertisements, quizzes, television trailers, radio commercials and educational materials (posters, booklets, leaflets, calendars, stickers and manuals).

### **Ministry of Culture, Arts and Tourism**

The Malaysian tourism industry is growing. Chok and Mona Fairuz Nordin (1996) reported that the tourism revenue increased 10.6% from RM8.3 billion in 1994 to RM9.2 billion in 1995. According to them, this increase is a result of the continuous promotional efforts and the spillover from the "Visit Malaysia Year" campaigns. For both the Visit Malaysia Year campaigns in 1990 and 1994, sports related events were included. The range of events included marathons, a race up Mt. Kinabalu (the highest mountain in South East Asia), hockey and silat competitions, yacht and wind-surfing regattas, motor racing, powerboat and traditional boat races.

Realising the potential of sports tourism in Malaysia, the Ministry of Culture, Arts and Tourism co-operates with the Ministry of Youth and Sports to identify sports activities that would attract tourists ("Golf to help promote tourism", 1994). The newspaper article quoted the then Minister of Culture, Arts

and Tourism, Sabaruddin Chik as saying that the Ministry would concentrate first on golf.

At the opening of the World Cup Golf Malaysia 1999, Prime Minister Dr Mahathir Mohamad mentioned that golf is closely linked to tourism and that Malaysia is set to establish itself as a golfing paradise in the region (Ong, 1999). According to W. Lim (1999), golf tourism could be targeted at the Japanese as it is very expensive to play golf in Japan. She added that the European and Japanese golfers who were in Malaysia for the World Cup Golf Malaysia 1999 were impressed with the golf courses in the country. Unfortunately, tour organisers have not exploited the potential of these golf courses. Hayati Hayatudin (1999) quoted Italian golfing magazine editorial director Silvano Cellotto as saying that despite well-maintained golf courses and low prices, Malaysia was not a well-known golf destination.

The Ministry of Culture, Arts and Tourism has made efforts to promote Malaysia as a premier golf destination. One of the efforts is hosting the World Amateur Inter-Team Golf Championship (Zety Fazilah Baharuddin, 1998). There have also been concerted efforts from the government and golf resorts throughout Malaysia to woo golf enthusiasts from neighbouring countries (Ganguli, 1999). Additionally, 1999 was declared "Year of Golf".

The Malaysian government is keen to promote sports tourism and according to Deputy Prime Minister Abdullah Ahmad Badawi, efforts should be stepped up to achieve this ("DPM: Time for sports tourism", 2000). He urged the Tourist Development Corporation and travel agencies to publicise sporting and recreational activities.

With the increased interest in nature and adventure activities, 1998 was proclaimed Sports and Recreation Year. It was launched on 27 December 1997 at

the Merdeka Square ("Attracting tourists through sports," 1997). It offered more than 240 events and activities related to sports, nature and adventure (Tourism Malaysia, Ministry of Culture, Arts and Tourism Malaysia, 1997). They included land based activities (runs, climbathons, horse riding) and water based activities (kayaking, canoeing, regattas). Among the events which were promoted abroad were the *le Tour de Langkawi*, Asian Dragon Boat Federation Championship, 1998 Sabah International Triathlon, Cameron Descent, Perak River Safari and the 12<sup>th</sup> Mount Kinabalu International Climbathon. The Mount Kinabalu Climathon, said to be one of the toughest mountain running events, is a race up and down South East Asia's highest peak ("Toughest mountain running event' gets more participants," 1999).

The then Deputy Prime Minister Anwar Ibrahim commented on the tourism potential of water sports in the country and pledged the government's support in this ("Tap tourism potential of water sports," 1998). According to the then Culture, Arts and Tourism Minister, Sabaruddin Chik, the government has taken steps to ensure the growth of the water sports industry as well as enact laws to ensure public safety (Ariff Awang, 1998). A popular water sports event is the Cameron Descent, a down river race along Telom River in the state of Pahang, which started in 1995. The race described as the "World's Wildest Whitewater Race" has been listed as one of the stages in the World Canoe Classic Challenge (Gerald, 1998). Another water sports event, the National Water Festival Month, was held for the first time in 2001. The festival was celebrated in all states and featured events such as river rafting, white water races and boat races.

In addition to outdoor recreation, golf and water sports, the Ministry of Culture, Arts and Tourism also promotes traditional sports. The Ministry's State

Arts and Cultural Centres provide facilities for the promotion of folk arts and games such as top-spinning and kite-making (Aziz Deraman, 1985).

### **Local Authorities**

There are legislatures in land and housing development to support sport for all. Local authorities play a role in the allocation of empty space for games and recreation and providing sports facilities. They are supposed to provide empty space for games and recreation. Urban development, village development as well as housing development projects are required to incorporate sports facilities in their layouts. A guideline for the size, location and facilities for the population is spelt out. Under the Local Government Act 1976 (Act 171), public parks, gardens, esplanades, recreation grounds, playing fields, children's playgrounds, swimming pools, stadia, gymnasias come under the jurisdiction of the local authority.

The Urban and Rural Development of Peninsular Malaysia (1988) has a guideline for empty space for recreation. It is stated that 10% of the gross development area should be for recreation, sports and landscaping.

The guideline classifies empty space into the following categories: playlots, playgrounds, neighbourhood playgrounds, community open spaces, town parks, regional open spaces and national parks. Each is described here.

Playlots are meant for children who are below the school going age group. They should be between 660 to 4,000 square metres. Playlots, which cater to 500 to 2,000 residents, should be within 0.5 km of residences. Facilities include an enclosed area with play apparatus, turfed area for free play, sand area and shaded areas for passive activities.

Playgrounds are meant for primary school children. They should be between 8,000 to 32,000 square metres. Playgrounds should cater to 2,000 to 5,000 residents. Preferably it should be within 1.5 km of residences. One should also be able to get to it without crossing too many roads. Facilities include a paved and lighted area for organised games, shaded area for passive activities as well as adventure playground.

Neighbourhood playgrounds are suited for sports and recreation. They should be between 32,000 and 120,000 square metres. It caters to 5,000 to 20,000 residents and should be within 1 km of residences. Facilities include multiple-use paved areas, playground apparatus, picnic areas and passive activity area.

Community open spaces are meant for the whole local community to have sports competitions and physical activities. It should have an area of 120,000 to 400,000 square metres. It caters to 20,000 to 50,000 residents. Facilities include sports facilities, a swimming pool and facilities similar to neighbourhood playgrounds but on a bigger scale.

Town parks are for more organised sports activities. With an area of 400,000 square metres to 1 square kilometre, it caters to 50,000 to 100,000 residents. It should be located centrally or the periphery of city limits. Facilities include water based recreational facilities, golf practice ranges, children play areas, picnic and camping sites.

Regional open spaces are meant for populations in the surrounding area within an hour's drive. It should preferably be located at the fringe of urban development with natural features. It should cover an area of 1 to 2 square kilometres. Facilities include picnic and camping sites, water based recreational facilities, nature trails, scenic drives and even golf courses.

National parks are for the entire population. They are sites with unique landscapes, wildlife interests, scientific and geological interests. Nature activities include camping, nature studies, wildlife observation, mountain climbing, boating and fishing.

Unfortunately, the provision of recreational grounds depends on the housing developers. During his opening address at the Sports Facilities Convention, the then Minister of Youth and Sports, Mohd Najib Razak (1989), said that enforcement of the guideline is difficult because it is not a law that has to be obeyed. Some of the lands allocated for recreation are unsuitable for playgrounds hence they are not developed as such.

At the same convention, a director at the Urban and Rural Development Department, Teh Azwahir Abd Malek (1989) mentioned that some large housing schemes, for example Taman Melawati, Taman Tun Abdul Razak (in Kuala Lumpur) and Subang Jaya (in Selangor) provide recreation clubs for residents. These clubs include facilities for squash, tennis and swimming. Most apartments and condominiums in Malaysia also provide such facilities for its residents.

This chapter has described sport for all programmes and efforts by the Malaysian government in encouraging sport for all. The Ministry of Youth and Sports plays a main role in promoting sport for all by organising courses and activities. This is stated in the National Sports Policy (1988). The Youth and Sports Department, as seen in the Federal Territory of Kuala Lumpur Youth and Sports Department, implements the Ministry's programmes at the grass roots level. The efforts by the Ministry of Youth and Sports and its state departments are complemented by the Ministry of Education, the Ministry of Health, the Ministry of Culture, Arts and Tourism as well as the Local Authorities. There is co-

operation between government agencies in promoting sport for all. The next chapter will evaluate the sport for all section of the National Sports Policy (1988).